

# GUIDANCE ON COVID-19 EXPOSURE

## Are you experiencing COVID-19 symptoms? They include:

- » Fever (100.4°F or 38°C) *without having taken any fever-reducing medications, such as acetaminophen or ibuprofen.*
- » Cough
- » Chills
- » Fatigue
- » Muscle aches
- » New or unusual headache
- » Congestion or runny nose
- » Sore throat
- » Shortness of breath
- » Nausea, vomiting, diarrhea, or loss of appetite
- » Loss of smell or taste

(One or more of these symptoms that is a new onset or is an increase in severity)

**YES, I HAVE SYMPTOMS**

### FOLLOW CDC GUIDELINES

[cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html)

1. Stay at home.
2. Separate yourself from others.
3. Call your healthcare provider.

**Students should call XXXXXX**

Insert school specific desired contact info here

Quarantine yourself for 14 days from exposure date.

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

**NO SYMPTOMS**

Have you been in contact with someone who has been diagnosed with or tested positive for COVID-19?

**YES**

**Yes, direct physical contact or close contact**  
(within 6 feet for 15 or more minutes)

**Yes, non-close contact**  
(outside 6 feet or within 6 feet for a brief period of time)

**NO**

Practice physical distancing and good hygiene.

Practice physical distancing, good hygiene, **AND** watch for symptoms.

**UNKNOWN**  
Ex: attended an event where someone was positive and deemed infectious, but is unknown.

If physical distancing was practiced among **ALL** participants – watch for signs and symptoms.

If **NOT**, quarantine for 14 days from exposure date.